



East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448

Fitness Classes Aquatics Family Programs (\$) – Paid Class						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hours:	Hours:	Hours:	Hours:	Hours:	Hours:
	6:00am-8:30pm	6:00am-8:30pm	6:00am-8:30pm	6:00am-8:30pm	6:00am-7:30pm	8:00am-12:00pm
Fall 2016 Program Schedule Facility Coordinator Darlene Morrow Program Coordinator Randall Miller Senior Program Coordinator Jeffrey Smith Recreation Leaders & Lifeguards (*) Theophilus Boone* Tiffanie Fletcher Michael Frazier Michael Martin Larry Shelton Jere Shoemake* Diamond Townsend Jas Swain Collin Christmon* Class Instructors East Park Staff Misty Adfield Amanda Dixon Barbara Burgess Lex Herdon Nick Majors Shameka Freeman Allie Lamb Troy Logan Pam Scott	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:00am-2:30pm Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-11:00am Senior Open Gym (Various Activities)l	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Senior Exercise w/Jere	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Senior Exercise w/Jere	9:00am-12:00pm Adult Open Gym (Badminton)	*New Class* 9:00am-10:00am Aqua Fitness Water Exercise w/Sabrina *Starting 8/13/15*
		12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)		12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	9:30am-10:30am Lo Water Exercise w/Jere	9:00am-11:30am Adult Open Gym (Basketball)
	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	6:00pm to 7:15pm Teen Open Gym (Ages 15-17)	**Monday-Friday** 2:30pm-6:00pm Afterschool Program(Ages 6-14) Gymnasium Closed to Adults
	6:00pm-7:00pm Vinyasa Flow Yoga(\$) w/Nick (Ceramics Room)	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	6:00pm to 7:15pm Family Open Gym	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)		
	New Class 6:30pm-7:30pm POUND(\$) w/Allie (Dance Studio)	6:00-7:00pm Basic Boot Camp w/Mike	6:30pm-7:30pm Line Dancing w/Pam (Theater)	6:00-7:00pm Basic Boot Camp w/Mike		
	7:00pm-8:15pm Ladies Night Open Gym (Basketball)	6:30pm-8:15pm Adult Open Gym (Badminton)		6:30pm-8:00pm Adult Open Gym (Basketball)		
		6:00pm-7:00pm Water Exercise(\$) w/Jere		6:00pm-7:00pm Water Exercise(\$) w/Jere		
 @ “East Park Community Center”						

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Facility Coordinator: Darlene Morrow Program Coordinator: Randall Miller Aquatics Leader: Jere Shoemake

The following activities are offered as a part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The pool is free of charge, except where a (\$) designates a fee.</p> <p>Pool capacity of 25 swimmers.</p> <p>Senior Lo H²O Class is limited to the first 25 swimmers signed in for the class.</p> <div></div>	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
	9:30am-10:30am Senior H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/Jere	9:30am-10:30am Senior H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/Jere	9:30am-10:30am Senior H ² O Exercise w/Jere	9:00am-10:00am Aqua Fitness(\$) w/Sabrina
						10am-10:45am Water Walking
	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-11:45am Lap Swim
	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim		Information on October Swim Lessons Coming Soon!!
		5:00pm-6:00pm Afterschool Program <i>*Registration Required</i>		5:00pm-6:00pm Afterschool Program <i>*Registration Required</i>		
	5:00pm-7:00pm Lap Swim		5:00pm-7:00pm Lap Swim			
		6:00pm-7:00pm Water Workout(\$) w/Jere		6:00pm-7:00pm Water Workout(\$) w/Jere		

For accessibility inquiries, call 862-8400

Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities.

Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.